

HUMAN ECOLOGY FOUNDATION OF CANADA

OTTAWA BRANCH

BOX 11428, STATION H, NEPEAN, ONTARIO. K2H 7V1.

E C O - S E N S E

September 1984

Editor: Estelle Drolet

No. 6

NOTE: Advertisements do not in any way imply that the Human Ecology foundation endorses any particular products or services mentioned herein. Readers with multiple sensitivities are advised to assess products carefully for personal compatibility, since individual sensitivities vary widely.

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OPEN MEETING

The next HEF open meeting will be held at 7:30 p.m., October 24th at the GLEBE COMMUNITY CENTRE, 690 Lyons St., (close to 1st Avenue). The guest speaker will be Dr. John Molot. Dr. Molot attended a Clinical Ecologists conference in Chicago recently and we will hear what's new in this field of medicine.

Many thanks to Fred Light, Judi Benson and Lynda for conducting "sniff tests" of various places, such as the Main Library, the Archives, etc. in the search for a suitable meeting place. Most buildings are not satisfactory to the chemically sensitive person. The Glebe Community Centre was chosen as the least offensive.

The Society for the Understanding of Nutrition (S.U.N. Centre) will have Dr. L. Gilka as their guest speaker at their December 12 meeting held at the Carlingwood Library at 7.30 p.m. The topic that evening will be Candida Albican. We hope to obtain authority to tape this lecture and have it available to our members through our library.

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LETTER FROM THE PRESIDENT

I would very much like to thank the many people who have helped me and supported me in the two years that I have been President. I hope that many of these people will remain in an active role with the Human Ecology Foundation. I will be resigning as President at the end of my term (Jan 85).

I have enjoyed my term in office but I feel it is time that I direct my energies in a different direction. I will be active within HEF as I am still on the Board of Directors for Headquarters. I will be putting all my energies in helping the Board get the Human Ecology Foundation better recognized.

I hope that when the elections come you will seriously consider contributing in some way to the organization. Again, thank you for your support.

Lynda Brooks

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VUEWING OF ECOLOGICALLY SAFE HOUSES

John & Kitty Nelms, and Virginia Salares and her husband Rafael, are graciously opening their ecologically safe homes for viewing to HEF members on Sunday, November 4th. Both homes are located in the Carp area. We are to be at the Nelms' residence to commence the tour at 1300 hrs. John will lead the group to the Salares' residence. Those wishing to attend are requested to call Brenda at 828-8380 or myself at 825-4439 for directions.

We wish to stress the importance for members or anyone accompanying members to avoid perfumes, hairspray, aftershave lotion, make-up, handcream, etc. Also avoid wearing freshly dry cleaned clothes, or new clothes which have not been washed. Avoid new leather or suede coats or purses.

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NEWSLETTERS

Since receiving the last local newsletter "Eco-Sense" No. 5, May 1984 you should have received the HEF Canada Quarterly Vol VI, No. 2 (June 1984). If you were a paid member and did not receive these, contact our membership person Marianne Kasproicz at 224-7136.

Amendment - Please amend your last Eco-Sense, page 3, mid-page to read 828-2547 as Janet Lee's phone number.

Addition - Please add to your Ottawa Branch Executive list: Pat McKenna, 235-2507 as Newsletter Assistant.

HEAL MEMBERSHIP - HEF Ottawa has again taken a membership in the Human Ecology Action League and now have in our library their newsletters called "The Human Ecologist". To apply for a membership write to: Human Ecology Action League, P.O. Box 1369, Evanston, IL 60204-1369. In the U.S. individual memberships are \$15. - low income \$10. - and Canada & Mexico \$17.

I can't believe what I hear! At different times, members have telephoned for information and when it is suggested that they refer to such-and-such newsletter, the reply is "Oh, I've thrown it out, I don't keep my newsletters!" or "I don't know where it might be, my newsletters are all over the house".

I would like to stress the importance of keeping your newsletters. I know from experience that as a new member (some of us extremely ill) we sometimes read information, the importance of which we do not always understand but as one learns more about this illness, the puzzle comes together and something which was read a few years ago now becomes clear and important, so the re-reading of these articles is greatly useful. Please invest in a \$1 dollar manilla folder and keep your newsletters together!

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Environmentally Ill (EI) Organization Directory - The Human Ecologist No. 25, Spring 84 lists the names and addresses of the known EI organizations across the US, Canada, Australia, Ireland, England, and Scotland.

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CLOTHES AND BEDDING

A SIGN OF THE TIMES

The world is gradually becoming aware of people suffering from chemical sensitivity, not only through organizations such as ours but to a great extent through word-of-mouth. Advertisements are now including special mention of our special needs, such as seen in the Citizen this summer under "Browsing with Barbara" - The advertisement by The Duvet & Linen Shop, 35 William St., (238-5582) not only included their yearly August 25% discount sale but mentioned "if you are only happy with all-cotton bedding or are an unfortunate allergy sufferer for whom cotton is "a must" you'll know how very hard it is to find all-cotton sheets and pillow cases".

ALL COTTON SHEETS & DUVETS - at Sarah's Clothes, 46 Elgin St., 234-5334 and 775 Bank, 235-5577. Sheets are available in medium or superfine quality ranging from \$53 for twin to \$180 for double in superfine quality. Also available are baby crib size at about \$40/\$45. Quilts are 100% cotton. This store also carries a full line of other cotton clothes from India. Thanks to H. McCarthy.

Mattress Covers - Contour style mattress covers of soft cotton available in three sizes at KMart. Twin \$11.57, double \$15.44 & queen \$17.47. (Advertised during the summer).

Hosiery - Cotton Tights in solid colours by Cameo Motif at \$10 a pair at Holt Renfrew, 240 Sparks, and Eaton's. (62% cotton, 31% nylon, 7% spandex).

Wool Sweaters - Fine wool sweaters by Dalkeith (from England) which disappeared from the shelves of Simpsons Sears a few years ago can be obtained from "The County Shoppe, 17A York St, Ottawa K1N 5S7 (230-7381). They are expensive at \$80 but retain their colour and shape for many years. This year's assortment of colours is subdued. Equally fine wool sweaters in exciting colours are also available at the lower price of \$56. made by Cooper & Roe, also from England. If you can afford their prices, this shoppe of course, has a wide variety of natural fibre clothes.

The Eddie Bauer Winter Catalogue is in. Men's and Women's All Cotton or Wool quality clothes are available in the medium to high price range.

Chamois pure cotton shirts in a wide assortment of colours, flannel tweed shirts, dressy Oxford shirts, all-cotton turtlenecks (\$18) (with added mention of: "Fans of natural fibers and those who cannot tolerate synthetics will love these pure cotton pullovers").

Assortment of Men's 100% wool caps (from \$9.95 to \$19.95), women's hand-knit icelandic wool helmet (\$26.95), wool gloves (\$19.95).

Chamois-lined field pants for men and women. Blend of polyester and cotton with skin side made of a layer of soft 100% chamois cloth. (\$64.95).

Pure Silk Underwear for men and women. The sporting world has come to appreciate it for its lightweight warmth and incredible comfort. The silk used for this underwear is knit into an ultralight, body-hugging fabric that is undetectable under the slimmest sports outfit. Breathable, warm and long-wearing. Washable (shrinkage is 2-4%) Undershirt and underpants \$44.95 each.

Men's black buckle web belt of 100% cotton. Fits waists to 42". Black, gray, khaki, navy or burgundy \$5.95.

Superwash Wool Fleece mattress pads made of 100% merino lambswool woven to a breathable polyester backing which fastens to your mattress with elastic straps and can be machine washed. Twin-size \$175.- standard size \$235. and crib size \$120.

Superwash wool fleece stroller and baby car seat cover - \$39.95.

Baby Carrier made of sturdy cotton. (\$69.95).

Eddie Bauer, Box 1230, Postal Station T, 50 Bloor St. W, Toronto, Ont. M6B 4E8.

Underwear - Women's rib knit underwear of 100% cotton in the Dragon collection available thru Sears Catalogue (p.241). Machine-wash. Tops and ankle-length drawers at \$14 each.

Women's 100% cotton turtlenecks at "Cinnamon", Billings Bridge and Barrhaven Mall, Greenbank Rd., for \$22.

Women's High Fashion Cotton and Wool clothes at Scats, (off Bank St.,) at reasonable prices. Thanks to H. McCarthy.

Canvas Clothes for Kids - The Kettle Creek Canvas Co., have now added an assortment of 100% cotton canvas clothes for kids. At 21 George St., 235-5835 - and Rideau Centre, 3rd Floor, 230-9450.

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HOUSEHOLD ITEMS

Roach Traps - Sh. wt. (1/2 lb) 2 traps \$1.40 U.S). The traps works on the same principle as flypaper. No insecticides. Stickum is in sealed tube until use. From Walnut Acres, Penns Creek, Penns 17862.

Cookware - Stainless steel cookware (some with fast heating aluminum bottoms) are available at half price because of minor defects, at Ogilvie's, Billings Bridge. Thanks to H. McCarthy.

Ironing Table Cover - Floral-printed cover of heavy-duty cotton for standard-size tables at Canadian Tire for \$3.89.

Heaters - Diathermic Oil Electric Radiators advertised in the Home Hardware catalogue - small unit, white - 3 heat setting - 400W - 600 W - 900W. 6 fin radiator - thermostatically controlled - on sale until Oct 27th at \$99.99. Thanks Hilary.

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SUPPLEMENTS

A SIGN OF THE TIMES

Advertisement seen in Alive Magazine for the "Nu-Life" nutritional supplements included "can be used by allergy sufferers as it is yeast, corn and soybean free". Members spotting this brand of supplements in health food stores are requested to advise us. Thank you.

Dairy Free Acidophilus - "Vital Dophilus" the only totally dairy free ultra-potency acidophilus - 1/4 tsp (1 gram) provides 10 + billion of live lactobacilli. From Klaire Laboratories, Inc., Vital Life, P.O. Box 618, Carlsbad, CA 92008-0110. Anyone spotting this product or other dairy free acidophilus in Ottawa or in Canada is asked to let us know. ?

Also available through Klaire Labs are "certified" Lamb & Beef glandulars from Australia (free of hormones & pesticides).

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Rotating Vitamins - Because a highly sensitive person has the potential to develop allergies or intolerance to substances ingested or encountered on a frequent basis, clinical ecologists (CE) will normally recommend to these patients that they follow a four-to-seven day rotation diet. Since some of these patients are also on a very restricted diet, some CE will also recommend vitamin supplements and some times glandulars to support the weakened or malfunctioning adrenal or thymus glands. In order to avoid the possibility that patients develop an intolerance to their vitamin preparation, CE might suggest that their vitamin supplements also be rotated. Up to now, this was rather difficult to achieve but again, it is a Sign of the Times as manufacturers have responded to the requirement.

Maxson Labs, 4769 Coldstream Dr., Atlanta, GA 30360 (404 - 451-5440) now have a most extensive lists of nutritional supplements for the use of people who are allergic to certain foods. For instance, they have:

Seven sources of vitamins B and C.

Three sources of vitamin B - brown rice, brewer's yeast and an elemental synthetic source. Each available in tablet form.

Plus four sources of Vit C. - Carrot, white potato, sago palm and corn. Available in tablet and powder form.

Tablets are made without coatings, dyes or preservatives.

Some pharmacies have chemists who are very cooperative and have formulated vitamin preparations which are tolerated by a large proportion of sensitive people. Because of specific amounts of certain vitamins these prescriptions are covered through private insurance companies. In Ottawa, Nutri-Chem Pharmacy, 1303 Richmond Rd., (820-4200) and Haberman's Chemist, 192 Laurier West, K2B, 5J8, (235-3993) have been of great help.

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DENTISTRY

A trip to the dentist is a stress by itself for many of us and for the chemically sensitive it is undoubtedly a worry and a challenge. There are only a handful of dentists expert in environmental medicine, either in the U.S. or Canada. In Ottawa, there are a few dentists, that we know of, who are "open-minded" and recognize the problem of the chemically sensitive. The first step is to find a dentist who is willing to co-operate. If you don't feel comfortable with your present dentist, then get in touch with us. If you have a "co-operative dentist", please advise us as we would like to establish a list for the benefit of other members.

The Human Ecologist newsletter is covering this important topic and members will find very useful information in their editions of Fall-Winter 83/84 and Spring 1984. The articles are written by Dr. Guy S. Fasciana, himself an Environmentally Ill victim.

The first article covers how to make an appointment - that is preferably in person in order to assess the environment, the possibility your physician could write a letter briefly explaining that you are being treated for chemical sensitivities, the pitfalls to avoid such as giving a detail, rub-in-the ground explanation of all your symptoms and sensitivities, etc.

The Spring 84 issue covers dental materials used in diagnosis and restorative fillings, listing: composition, use, alternative, biological considerations, environmental illness considerations and comments.

Part II will be covered in a forthcoming issue and will focus on impressions, dentures and root canal methods.

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Dental Filling - Mercury vapors may be hazardous and mercury leakage from fillings containing excess mercury has been implicated in symptom elicitation. Mercury is liberated from amalgams in very minute quantities. The best amalgam filling material comes in pre-packaged capsules, where an exact ratio of alloy to mercury would preclude excess mercury in the atmosphere and in the filling itself.

There is a dental filling called "P-10" which does not contain mercury. Apparently most dentists know about it. We will try to obtain the exact composition of this product. Other alternatives are gold inlays, which are beyond most people's means, or composite filling materials. One must not forget that the alternative materials also present other possible biological considerations for the environmentally ill person.

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MEDICINE AND RESEARCH

From March 4 - 7 1984, Susan Daglish, Editor of Allergy Shot of the Allergy Information Association attended the American Academy of Allergy and Immunology Meeting. The whole issue of Allergy Shot, Summer 1984 was devoted to material gained at the Academy Meeting and is full of interesting, pertinent and up-to-date information. A copy is in our HEF Library.

MEDECINE OR WHAT?

Folk medicine remedies are experiencing a come back, presumably because more and more people not only wish to avoid unnecessary drugs but because many people have experienced adversed reactions

to a number of drugs. With numerous favorable reports reaching the medical establishment more of these natural folk remedies are being researched and tested by "orthodox" doctors.

SUPPRESSION OF IMMEDIATE AND LATE ANTI-IgE INDUCED SKIN REACTIONS BY TOPICALLY APPLIED ALCOHOL/ONION EXTRACT

An article appeared in Allergy Shot Vol 20, Summer 1984 written by Dr. Walter Dorsch stating that a study was undertaken to test the traditional folk remedy consisting of drinking onion or garlic juice for skin inflammation such as insect stings.

Anti-IgE was injected to produce a skin reaction, then a placebo was used or an injection preparation containing the juice of freshly squeezed onions (1L of juice from 2K of onion). Those having the "onion juice" had significantly reduced reaction. It is possible that this study will lead to the use of purified onion extract to provide a source of anti-inflammatory substances.

X The late Dr. Paavo Airola, N.D. author of "The Miracle of Garlic" stated on page 23 of this booklet that garlic was an efficient detoxifier and therefore could help fight allergies. It also has anti-fungal properties and is recommended in the control of Candida Albican (taken in the raw state). (The Human Ecologist, No.22, Summer 1983.)

Diets and Health - Diets are a pain for everyone! BUT, it seems that every day researchers are finding that more and more diseases can be controlled by special diets. The latest is that a low-protein, largely vegetarian diet can stop relatively advanced kidney disease in some patients and spare them from having to undergo transplants or dialysis treatment. Patients must also take keto acids and amino acids so that their bodies can manufacture protein. (Citizen, Sept 6. 1984).

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A SIGN OF THE TIMES

Thanks to Pat McKenna for sending the following resume of an article which appeared in the Globe & Mail, 28 Aug 84 written by Wallace Immen.

Surroundings Now Suspect In Illnesses - The American Psychological Association, at a recent meeting in Toronto, recognized the existence of Environmental Illness linking the "chronic physical or psychological problems" of people with "their environment or the food they eat". In stating that "we definitely have a chemical cloud around us that is a bigger threat than the nuclear threat. Dr. Joel Butler, a researcher in the field of Clinical Ecology, drew attention to the seriousness and urgency of the situation. The relentless and indiscriminate introduction of chemicals into the environment, compounded

further by stress, cold and fatigue, served to undermine the human capacity to adapt environmentally.

A SIGN OF THE TIMES

EI Children in the Schools - Two school boards in Ontario have recognized and provided alternatives for two children suffering from environmental illness. In Kitchener, the School Board has provided an ecologically safe trailer for a young boy who is severely chemically sensitive. In Nepean, the Carleton Board of Education has agreed to provide private tutoring in the child's house because of her illness.

This was not achieved, of course, without a lot of letter writing from both the parents and clinical ecologists.

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ONE VOICE - by Janet Lee

Do you know what one 11 year old little girl can do?
Let me tell you about Barbara.

She goes to school everyday on the school bus. This year her bus driver was a heavy smoker. By the time she got to school, she was feeling so ill, it was hard for her to concentrate on her work. She knew something had to change. She knew it would be hard, but she gathered some courage and went to see her school principal. She told him her story. The result - there is no more smoking allowed on that bus.

When the class uses magic markers for projects, Barbara is allowed to sit at the front of the room and the magic markers are kept at the back. They are used much less frequently because of Barbara's sensitivities.

Several things are happening here. Barbara's peers and teachers are becoming aware of what chemicals can do. A bus driver is learning how her smoking habit is affecting other people and Barbara is learning to stand up for her rights. Cooperation and compromise are possible!

This is just one example of what one person can do!

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OHIP COVERAGE

Some time ago in the U.S. "orthodox allergists" launched a campaign to discredit clinical ecologists and put pressure on insurance companies to stop paying for tests and treatments done by the latter. Fortunately patients rallied together and they made their voice heard. They realized that if they didn't do something, they'd be the losers and future patients also.

1500 patients wrote a letter to their Congressman in support of the clinical ecologists stating their health had improved since following their directions. At the moment, everything is kept on "hold" and measures have not been initiated against the ecologists.

If we want our provincial system to cover these medical costs WE must do something! We stand to lose nothing but to gain a lot.

"Avenues of approach" and directions for members on how to gain cooperation and payment from insurance companies will be outlined shortly. A rough outline of what to state in a letter to your MPP in order to obtain reimbursement for your medical care will be forthcoming in the Quarterly. It has been established in the past that mimeographed letters are not as effective as letters written individually so, the responsibility lies with each one of us.

Remember - many diseases are not "cured" but are "controlled", such as diabetes, and so it is also for the environmentally ill person. There is no "magic" cure but an alleviation of symptoms as long as you follow the directions and suggestions. If you feel that, at last, your condition was properly diagnosed by a clinical ecologist and that your condition has improved following their suggestions and that you believe in this type of medicine, then you must speak up for your right for these treatments to be covered.

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FOOD

Hidden MSG - There is a possibility that many people are not aware that Hydrolyzed Vegetable Protein (HVP) often found in dehydrated soups and seasonings is about 30 percent MSG according to Linda Pim, author of Additive Alert. (Alive magazine #54).

✕ Rice Cream Cereal by Eden Foods - made from organic brown rice available at the Glebe Natural FS - \$3.98. Thanks to H.McCarthy.

REMINDER - The Wheat Germ HFS carry organic root crop vegetables through the winter. Also, at different times, this store gets shipments from the U.S. of organically grown fruits such as avocado, bananas, melons, citrus fruits. Unfortunately, they have no way of finding out exactly when these will be delivered. If you are interested, please call the store and place your name on their telephone list.

✕ Durum Bread - For those of you who have difficulty digesting gluten, you may be able to tolerate Durum Bread once in a while as it is low in gluten. Available through the Trillium Bakery and sometimes Rainbow HFS.

Specialty Breads - made by the Trillium Bakery can be ordered and picked up at Kardish Health FS, Carlingwood Plaza. (Ref. our food list).

Breads - A large variety of breads made from organically grown grains are available from the Grains Natural Bakery, Oving Specialty Breads Inc., 99 Dolomite Dr., Downsview, Ont. M3J 2N1, tel: 663-3831. These also available at Rainbow HFS.

Water - Fern Brook Natural Spring water from Amaranth, Ont. available in 4 litre plastic jug at \$1.49 at Rainbow HFS.

Honey - Pure Clover Honey from Manitoba available in bulk and packaged. According to a flyer put out by Rainbow HFS, Manitoba is one of the few places where you can get really pure clover honey. Most Ontario clover honey is mixed with other plants as the bees roam around, but because there are such large expanses of clover fields in Manitoba, the honey is less likely to get mixed.

Poultry - Although not advertised as "organic poultry" the MacCartney Poultry Farm, Ramsayville, tel: 521-1711 provide excellent chickens which are well tolerated by highly sensitive members. They are located in the East End of Ottawa - Take Queensway East, exit Walkley Road East, turn left, drive short distance, sharp turn left, big hill, turn left, follow sign. Thanks to John Nelms.

CHRISTMAS BAKING - Members wishing fruitcake recipes made without the traditional coloured cherries can contact me. Of course, you can always use your favourite recipe substituting other dried "honeyed" unsulphured fruits soon to be available through various health food stores.

For our American members - you can obtain fruitcake and plum puddings made from only pure, natural, organic products from Walnut Acres, Penns Creek, Penns 17862.

X REMINDER - Rainbow Foods, 1487 Richmond Rd., are once again opening on Sunday - 11 a.m. to 4 p.m.

X Ameer's Meat Market, 793 Bank St., 233-6634 (previously known under Quality Meat & Deli 732 Bank) has fresh or frozen (depending on time of year) free-range chickens, turkeys, ducks, lamb, veal, goat. If you wish freezer orders, please call immediately. Also available are free-range eggs; he makes wheat, milk and nitrite-free sausages as well as nitrite-free salami. Also paté, bacon and hot dogs which are nitrite-free. Sea salt is used eliminating the possibility of corn products. The owner raises, the lambs himself on his Osgoode farm. They are grazed on pesticide-free land and fed a mixture of molasses and rice bran.

He will give HEF members producing a valid HEF card a 10% discount on the following:

Sausages: home made - on purchase of \$10 or more.

Chickens - on the purchase of five or more.

Lamb - on purchase of half or whole lamb.

Ref. Newsletter No. 18, March 82. Please add to your food list.
Thanks to Susan Savard.

TIMELY TIPS

Don't Feed Me, I'm Special. The AIA have these special buttons for sale at \$2.00. These are very useful for young children. Call Janet Barclay at 737-3397 or write directly to Allergy Information Assoc., Rm 7, 25 Poynter Dr., Weston, Ont. M9R 1K8.

✓ Soap - H. McCarthy tells us that after trying umpteen different types of soaps, all of them causing itchiness, she finally found that Basic H by Shacklee in her bath water did the trick. A plus is that you get no "ring" around the tub.

✓ Hilary also tells us that she tried Basic H as a soil conditioner and pesticide control on her new grape vines this year. She did a control study, that is she sprayed some and not others. What do you know, the one she treated grew twice as big! Ref: Newsletter #20, Feb 83. & booklet in our library called Basic H, Soil Conditioner, Facts and Comments.

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POLLUTION

A SIGN OF THE TIMES

An informative 7-page article on "Indoor Air Pollution" by Charles Long appeared in Canadian Consumer of June 1984. It lists pollutants, possible sources and health effects. Copy in HEF Library.

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Pollution Probe is conducting a blitz in order to recruit and obtain support from concerned citizens. They have contacted us to obtain our mailing list. HEF does not make its mailing list available to commercial sources, other organizations or members of the public in order to protect your confidentiality. Since we share many common goals the Executive agreed to advertise their membership drive. Fees are: \$15 individual - \$25 family - \$8 for students and seniors and \$30 for Support members. Send to Pollution Probe, 53 Queen St., Ottawa, K1P 5C5.

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A COUNTRY RETREAT - This summer one of our members, Janet Lee, discovered an "ecologically safe" country tea room restaurant with bed and breakfast accommodation. Located at Otter Lake, P.Q., 80 miles from Ottawa, this year-round paradise is known as Belle Terre Botanic Garden and Arboretum and describes itself as "a private, non-profit, humanitarian endeavour to benefit mankind by creating a botanic garden and arboretum where all persons may find beauty, peace, inspiration, knowledge and wholesome recreation through the utilization of plants and their research.

Food preparation is done on a wood stove using all home grown (some organic) ingredients and special diets can be catered to. Accommodation for overnight or longer to a maximum of 25 persons includes a farm breakfast. Of interest, they have solar outdoor showers.

Other attractions at Belle Terre are a flower garden, greenhouse, nursery and horticultural services, horticultural educational programs and library, crafts, gifts and flower shop. Annual events range from learning how to make maple syrup, sauerkraut or tobogganing, snowshoeing or x-country skiing on their 6km of groomed and grooved trails.

You can get more information by writing to them at Otter Lake, P.Q., JOX 2P0, or take a drive through the Fall colours using Highway 148 out of Hull to Shawville, then onto Highway 302 to Ladysmith and pick up Highway 301 to Otter Lake. Thanks to Judi Benson for above article.

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After serving seven years as Editor of the Ottawa newsletter, I will not seek re-election this coming January.

I take this opportunity to thank each and everyone who have helped or participated in the production of our newsletter over the years.

I reiterate what Lynda has already said in that I hope you will consider giving a little of your time by serving on the Executive to help the branch function effectively.

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We are saddened to inform you of the tragic death of one of our members Pete McCormack, Professor of Psychology at Carleton University. HEF members attending his memorial service at Carleton Univ. learned of his varied and impressive past achievements. In a tribute by Prof. Webster there were numerous references to Pete's battle with his "20th Century Disease". Pete was not one to brag about his capabilities before his illness worsened. It is unfortunate we knew him only in the last two years of his life when his health had deteriorated so much. A copy of Prof. Webster's tribute has been placed in our library.

A friend is the first person
who comes in when the
whole world has gone out.

Mary Dawson Hughes

PANEL DISCUSSION

Three or four doctors practicing clinical ecology in the Ottawa area have suggested and volunteered to participate in a panel discussion planned for sometime next April.

In order to best answer your questions, members are asked to send in to our P.O. box address a list of questions they would like covered.

Anything which worries you,

Anything which is not clear to you

Anything you might have been too shy to ask your doctor (i.e. possible loss of libido caused by Candida Albican)

Do you have any grievances?

Are you satisfied with your doctor's office environment?

Do you feel your doctor's allergy technician or nurse is knowledgeable and helpful. Explain.

Do you need more detailed counselling?

Do you feel it would be helpful in dealing and ~~and~~ obtaining cooperation from your spouse if your doctor requested a visit where your spouse would be present for counselling?

Would you wish more explanations on the medication being prescribed? Why is certain medication available in tablet, in powder or liquid form? Does it work in a different manner. Why are you being prescribed this form over another?

Do you feel upset when visiting your doctor because of many interruptions, phone or otherwise?

Etc. Etc. Etc.

You have the choice to be anonymous.

DON'T WAIT FOR SPRING TO DO IT - DO IT NOW!